

# Mamacita Lalala

COPPER KNOB  
STEPSHEETS

拍數: 144      牆數: 1      級數: Phrased Advanced  
編舞者: Marian Collado (ES) - March 2022  
音樂: Mamacita (feat. Farruko) - Jason Derulo



**INTRO.: 8 Counts from first beat. (approx. 14 secs)**

**Sequence: A, B, TAG1, C, TAG2, D, B, TAG3, C, B, TAG4, C, ENDING**

## **PART A: 32 Counts**

### **[1-8] CROSS, BACK, CROSS SHUFFLE, STEP, 1/2 TURN, HITCH X 2**

1-2            RF cross over LF (1), LF step back (2)  
3&4           RF cross over LF (3), LF to L side (&), RF cross over LF (4)  
5-6           LF step fwd. (5), ½ Turn R (6) (6:00)  
7&8           RF hitch (7), RF step fwd (&), RF hitch (8)

### **[9-16] STEP X 2, MAMBO STEP, STEP BACK X 2, COASTER STEP**

1-2            RF step fwd.(1), LF step fwd (2)  
3&4           RF step fwd. (3), LF recover(&), RF step backward(4)  
5-6           LF step back (5), RF step back (6)  
7&8           LF step bwd. (7), RF beside LF (&), LF step fwd. (8)

### **[17-24] 1/4 TURN SHUFFLE R, 1/2 TURN SHUFFLE L,PUSH SIDE,1/8 TURN PUSH X 2, CLOSE**

1&2           1/4 Turn R RF cross over LF (1), LF step to L side(&), RF cross over LF(2) ( 9:00)  
3&4           1/2 Turn L LF cross over RF (3), RF step to R side(&), LF cross over LF(4) (3:00)  
5-6           RF push R side (5), 1/8 turn L RF push R side (6 )  
7-8           1/8 turn L RF push R side(7),RF close together LF(8) (12:00)

### **[25-32] 1/8 TURN PUSH X3, CLOSE, MAMBO SIDE R&L**

1-2           1/4 Turn R LF push L side(1), 1/8 turn R LF push L side (2)  
3-4           1/8 Turn R LF push L side (3)(, LF close together RF(4) (6:00)  
5&6           RF step R side(5), LF recover(&), RF step together LF(6)  
7&8           LF step L side(7), RF recover (&), LF step together RF(8)

## **PART B : 32 Counts**

### **[1-8] DIAMOND**

1&2           RF fwd with 1/8 turn L (1) (4:30), LF step back with 1/4 turn R (&)(7:30),RF step back (2)  
3&4           LF step back (3), RF step side with 1/8 turn (&) (9:00), LF step fwd with 1/8 turn R (4) (10:30)  
5&6           RF step fwd (5), LF step side with 1/8 turn R (&)(12.00), RF step back with 1/8 turn R (6)  
(13:30)  
7&8           LF step back (7), RF step side(&)(3:00), LF step fwd with 1/8 turn R(8) (4:30)

### **[9-16] 1/8 TURN WEAVE & SWEEP , CROSS BACK & SWEEP X 2, COASTER STEP, STEP ,1/2 TURN L**

1&2           RF step fwd (1), 1/8 turn R LF step L side (&)(6:00),RF step cross behind & sweep LF (2)  
3-4           LF cross behind & sweep RF (3), RF cross behind & sweep LF (4)  
5&6           LF step bwd. (5), RF beside LF (&), LF step fwd. (6)  
7-8           RF step fwd (6),1/2 turn L (7) (12:00)

### **[17-24] DIAMOND**

1&2           RF fwd with 1/8 turn L (1) (9:30), LF step back with 1/4 turn R (&)(13:30),RF step back  
3&4           LF step back (3), RF step side with 1/8 turn (&) (3:00), LF step fwd with 1/8 turn R (4) (4:30)  
5&6           RF step fwd (5), LF step side with 1/8 turn R (&)(6.00), RF step back with 1/8 turn R (6)  
(7:30)  
7&8           LF step back (7), RF step side(&)(9:00), LF step fwd with 1/8 turn R(8) (10:30)

**[25-32] 1/8 TURN WEAVE & SWEEP , 2 X CROSS BACK & SWEEP, COASTER STEP, STEP ,1/2 TURN L**

- 1&2 RF step fwd (1), 1/8 turn R LF step L side (&)(12:00),RF step cross behind & sweep LF (2)  
3-4 LF cross behind & sweep RF (3), RF cross behind & sweep LF (4)  
5&6 LF step bwd. (5), RF beside LF (&), LF step fwd. (6)  
7-8 RF step fwd (7),1/2 turn L (8) (6:00)

**TAG 1 ,3 & 4**

**PART C: 32 Counts (6:00)**

**[1-8] HIP ROLLS X 4, ¼ TURN L HIP ROLL, HIP ROLL X 3,**

- 1-2 Hip roll to the L(1), Hip roll to the L(2)  
3-4 Hip roll to the L(3), Hip roll to the L(4)  
5-6 1/4 Turn L side & RF step R side With a hip roll to the L(5), Hip roll to the L(6)(3:00)  
7-8 Hip roll to the L(7), Hip roll to the L(8)

**[9-16] ¼ TURN L HIP ROLL, HIP ROLL X 3,HEEL OUT R&L X 2, DOUBLE HEEL R OUT**

- 1-2 1/4 Turn L side & RF step R side with a hip roll to the L(1), Hip roll to the L(2) (12:00)  
3-4 Hip roll to the L (3), Hip roll to the L (4)  
5&6& RF heel out(5), RF heel in stepping(&)LF hell out(6), LF heel in stepping(&)  
7&8& RF heel out(7), RF heel in stepping(&),RF heel out(8), RF heel in stepping(&)

**OPTIONAL: During counts 5 to 8 place one hand on top of the other hand, with the arms stretched towards the ground, at the level of the abdomen with the knees slightly bent.**

**[17-24] HIP ROLLS X 4, ¼ TURN L HIP ROLL, HIP ROLL X 3,**

- 1-2 Hip roll to the L (1), Hip roll to the L (2)  
3-4 Hip roll to the L (3), Hip roll to the L (4)  
5-6 1/4 Turn L side & RF step R side with a hip roll to the L (5), Hip roll to the L (6)(9:00)  
7-8 Hip roll to the L (7), Hip roll to the L (8)

**[25-32] ¼ TURN L HIP ROLL, HIP ROLL X 3, HEEL OUTX 2 R&L, DOUBLE HEEL R**

- 1-2 1/4 Turn L side & RF step R side with a hip roll to the L (1), Hip roll to the L (2) (6:00)  
3-4 Hip roll to the L (3), Hip roll to the L (4)  
5&6& RF heel out(5), RF heel in stepping(&)LF hell out(6), LF heel in stepping(&)  
7&8& RF heel out(7), RF heel in stepping(&),RF heel out(8), RF heel in stepping(&)

**TAG 2 y ENDING**

**PART D: 48 counts (12:00)**

**[1-8] MAMBO FWD & BACK L, STEP TOUCH, STEP TOUCH, DOUBLE STEP TOUCH**

- 1&2 RF step fwd (1), LF recover (&), RF step back (2)  
3&4 LF step back (3), RF recover (&), LF step fwd(4)  
5&6& RF step fwd slightly to the diagonal (5), LF touch next to RF (&), LF step fwd slightly to the diagonal (6), RF touch to LF (&)  
7&8& RF step fwd slightly to the diagonal (7), LF touch next to RF (&), RF step fwd slightly to the diagonal (8), LF touch next to RF (&)

**[9-16] STEP TOUCH, STEP TOUCH, DOUBLE STEP TOUCH, 1/4 TURN ROCKING CHAIRX 2**

- 1&2& LF step back slightly to the diagonal (1), RF touch next to LF (&), RF step back slightly to the diagonal (2), LF touch to RF (&)  
3&4& LF step back slightly to the diagonal (3), RF touch next to LF (&), LF step back slightly to the diagonal (4), RF touch next to RF (&)  
5&6& 1/4 turn L RF rock fwd(5),LF recover (&),RF rock back (6), LF recover (&) (9:00)  
7&8& 1/4 turn L RF rock fwd(7),LF recover (&),RF rock back (8), LF recover (&) (6:00)

**[17-24] SAMBA ROCK R&L, CROSS SIDE HEEL, VAUDEVILLE**

- 1&2 RF cross over LF (1), LF rock side (&),RF recover (2)  
3&4 LF cross over RF (3), RF rock side (&), LF recover (4)

- 5&6 RF cross over RF (5), LF step side (&), RF heel to diagonal (6)  
 &7&8& RF step next to LF (&) LF cross over RF (7) RF step R side(&)LF heel to diagonal(8)LF next to RF(&)

**[25-32] MAMBO FWD & BACK, STEP TOUCH, STEP TOUCH, DOUBLE STEP TOUCH**

- 1&2 RF step fwd (1), LF recover (&), RF step back (2)  
 3&4 LF step back (3), RF recover (&), LF step fwd(4)  
 5&6& RF step fwd slightly to the diagonal (5), LF touch next to RF (&), LF step fwd slightly to the diagonal (6), RF touch to LF (&)  
 7&8& RF step fwd slightly to the diagonal (7), LF touch next to RF (&), RF step fwd slightly to the diagonal (8), LF touch next to RF (&)

**[33-40] STEP TOUCH, STEP TOUCH, DOUBLE STEP TOUCH, 1/4 TURN ROCKING CHAIRX 2**

- 1&2& LF step back slightly to the diagonal (1), RF touch next to LF (&), RF step back slightly to the diagonal (2), LF touch to RF (&)  
 3&4& LF step back slightly to the diagonal (3), RF touch next to LF (&), LF step back slightly to the diagonal (4), RF touch next to RF (&)  
 5&6& 1/4 turn L RF rock fwd(5),LF recover (&),RF rock back (6), LF recover (&) (3:00)  
 7&8& 1/4 turn L RF rock fwd(7),LF recover (&),RF rock back (8), LF recover (&) (12:00)

**[41-48] SAMBA ROCK R&L,CROSS SIDE HEEL,VAUDEVILLE**

- 1&2 RF cross over LF(1),LF rock side (&),RF recover (2)  
 3&4 LF cross over RF(3),RF rock side (&),LF recover (4)  
 5&6 RF cross over LF (5)LF step side (&),RF heel to diagonal (6)  
 &7&8& RF step next to LF(&)LF cross over RF(7) RF step R side(&)LF heel to diagonal(8),LF next to RF(&)

**TAG 1 At the end off PART B (6:00)**

**[1-4] OUT X 2, HOLD X 2**

- 1-2 RF step R side(1), LF step L side (2)  
 3-4 The L hand holds the left waist and at the same time the R arm is stretched forward during the hold (3), turning the trunk of the body slightly to L we make the sign of silence with the R hand bringing it towards our mouth only our gaze is at 12:00 during the hold (4 )

**TAG 2 At the end of PART C ( 6:00)**

**[1-8] 2 X 1/4 TURN L HIP ROLL, HIP ROLL X 3**

- 1-2 1/4 Turn L side & RF step R side with a hip roll to the L (1), Hip roll to the L (2) (3:00)  
 3-4 Hip roll to the L(3), Hip roll to the L(4)  
 5-6 1/4 Turn L side & RF step R side with a hip roll to the L (5), Hip roll to the L (6) (12:00)  
 7-8 Hip roll to the L (7), Hip roll to the L(8)

**TAG 3 At the end of PART B (12:00)**

**[1-4] OUT X 2, HOLD X 2**

- 1-2 RF step R side(1), LF step L side (2)  
 3-4 The L hand holds the left waist and at the same time the R arm is stretched forward during the hold (3), we make the sign of silence with the R hand bringing it towards our mouth during the hold (4)

**TAG 4 At the end of PART B (12:00)**

**[1-4] OUT X 2, HOLD X 2**

- 1-2 RF step R side(1), LF step L side (2)  
 3-4 The L hand holds the left waist during the hold(3) the R arm strikes with the clenched fist above twice during the hold (4)

**ENDING At the end of PART C ( 12:00)**

**[1-8] HIP ROLLS X 8**

- 1-2 Hip roll to the L(1), Hip roll to the L(2)

3-4 Hip roll to the L(3), Hip roll to the L(4)  
5-6 Hip roll to the L(5), Hip roll to the L(6)  
7-8 Hip roll to the L (7), Hip roll to the L(8)

**TO GIVE ATTITUDE & TO HAVE A GOOD TIME!!!!**

**CONTACT: MARIAN COLLADO – [Scorpora0@gmail.com](mailto:Scorpora0@gmail.com)**

**<https://www.facebook.com> & INSTAGRAM (Marian Collado leal)**

---